

REDUCE BIRTH DEFECTS

If you are a female of childbearing age, taking the following steps may help reduce birth defects.



Take a multivitamin every day.
Make sure it contains 400 micrograms of folic acid.



End bad habits.
Avoid alcohol, tobacco products, or using street drugs.



Take charge.
Keep diabetes and other chronic diseases under control.



Reach and maintain a healthy weight.
Exercise and eat a healthy diet to reduce your risk of chronic diseases.



www.scdhec.gov/birthdefects



South Carolina Department of Health
and Environmental Control



**TRACK IT.
MAP IT.
USE IT.**

SC Environmental
Public Health
Tracking